

Low Risk Gambling Is Done:

- As a form of recreation, not to make money or make up for previous losses.
- With limits on time, frequency, and duration.
- In a social setting with others, not alone.
- With money you can afford to lose.



High Risk Gambling – Situations When You Are:

- Coping with grief, loneliness, anger or depression.
- Under financial pressure and stress.
- Recovering from mental health or substance use disorders.
- Using alcohol or other drugs.
- Under legal age to gamble.

Maryland Problem Gambling Helpline – 1-800-GAMBLER

KEEP GAMBLING FUN AND PROBLEM FREE



- Set a limit on how much time and money you will spend and stick to it.
- View gambling as entertainment, not as a way to make money.
- Balance gambling with other leisure activities.

If you gamble and spend more time and money than you can afford, a good strategy is to take a break. Consider seeking help if this is a concern.

Problem Gambling Helpline, Toll-Free, Confidential 24/7

1-800-GAMBLER

www.helpmygamblingproblem.org